

From the New Jersey Council on
Physical Fitness and Sports

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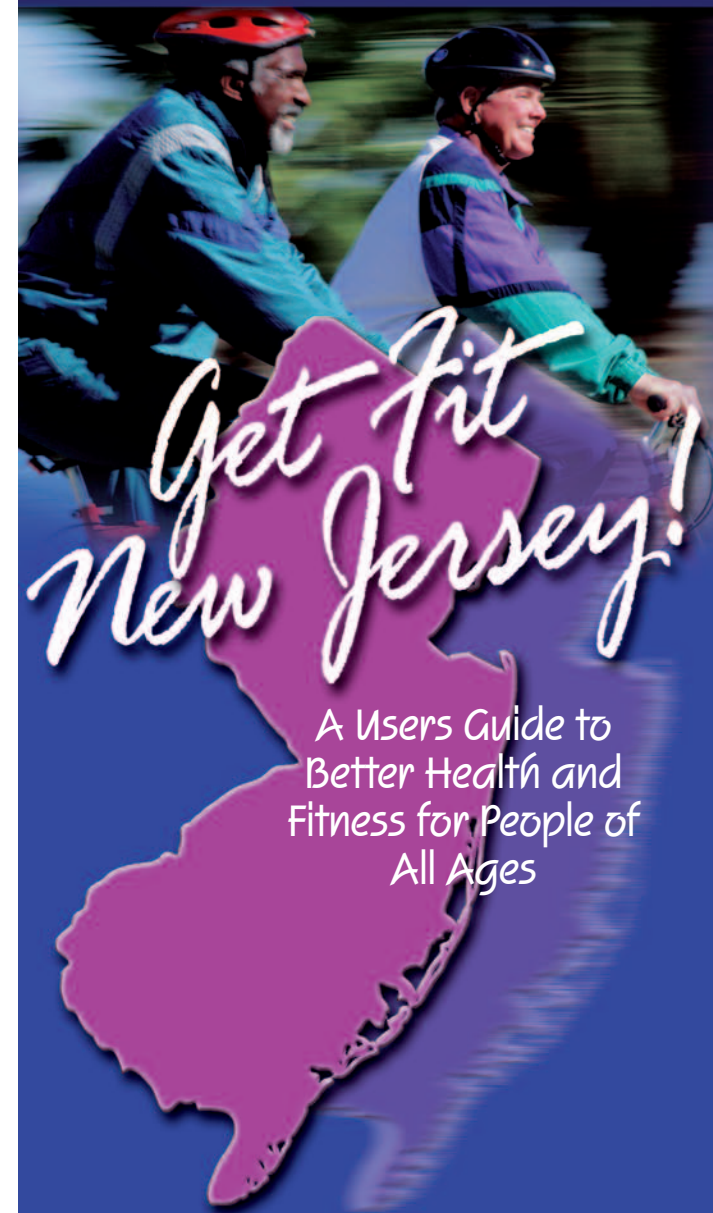


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From the New Jersey Council on
Physical Fitness and Sports



A Users Guide to
Better Health and
Fitness for People of
All Ages



Jon S. Corzine
Governor



Fred M. Jacobs, M.D., J.D.
Commissioner

Get Fit New Jersey, from the New Jersey Council on Physical Fitness and Sports

We are pleased to announce the launch of *Get Fit New Jersey!* This publication is a project of the New Jersey Council on Physical Fitness and Sports, which was formed to encourage and promote physical fitness statewide. The project was proposed to meet the Governor's Office fitness challenge and address the needs of the people of New Jersey. Each of the 21 chapters were written by a Council member or a resource member, and the result is an easy-to-read guide to better health and fitness for people of all ages.

The information filled chapters include:

Your Muscles: Where They Are and How They Work
by Dennis M. Jarvis, B.S., C.S.C.S.

Flex Appeal: The Basics of Flexibility
by Jeanne Hogan, B.S., C.S.C.S.

Aerobic Training
by Mary Jane Myslinski, P.T., Ed.D.

Strength Training
by Matt Brzycki, B.S.

Circuit Training
by Michael D. Greenblatt, B.S.

Myths and Misconceptions in Fitness
by Willis F. Paine, H.F.I.

Choosing a Fitness Facility and Personal Trainer
by Jeff Marmelstein, M.S., C.P.T., C.C.E.S., C.M.E.S.

Exercising Outdoors: An Informal Approach to Fitness
by Fred Fornicola, B.A., C.P.T.

Fitness on the Road
by Mark J. Lewin, B.S.

Overcoming Plateaus in Training
by Jessica L. Kenia, B.S.

Setting Goals: Small Steps, Big Improvements
by Rhonda Johnson, B.A.

Injuries: Recognition, Prevention and Self Treatment
by Richard Levandowski, M.D., DABFP, CAQ-SM

Nutrition: How to Nourish Yourself from the Inside Out
by Felicia D. Stoler, M.S., R.D.

Weight Management
by Douglas Scott, B.S., C.S.C.S.

Female Fitness
by Rachael E. Picone, M.S.

Senior Fitness
by Ben Schaffer, M.S.

Managing Osteoporosis and Arthritis
by Sue Lachenmayr, M.P.H., C.H.E.S.

Cancer Prevention and Your Lifestyle
by Mary Ann Ellsworth, M.S., R.D.

Alcohol and Fitness
by Joe Hodge, M.Ed., S.A.C., C.P.S.

Rediscovering Youth Sportsmanship
by John Gallucci, Jr., M.S., A.T.C., P.T.

High-School Sports in New Jersey: A Brief History
by Bob Baly, M.A., M.Ed.

